



**Uphill struggle**  
AIDS taught on  
both children  
and adults  
Page 8

# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Generational impact**  
Effects of  
veteran's war  
still felt today  
Page 11

WEDNESDAY, FEBRUARY 23, 2016

CORSON COLLEGE, KETCHIKAN, ALASKA

WWW.SPOKENEWS.COM

KTTH (KAT) - Vol. 1



PHOTO BY JIM HANSEN

It's a campaign to raise awareness of a disease. Alayon-Pedron (left) and Shanaa Wiley show off a poster for aWEARness 2016, the sixth annual Lyme awareness campaign, at Corson College.

## Raising 'aWEARness' for Lyme disease

### BY JIM HANSEN

"Paper with Purpose" is the theme of the sixth annual aWEARness campaign, performance pieces being presented by several youth visual merchandising arts students on Friday March 4 at Corson College.

"Our challenge was to create costumes solely out of paper and Shanaa Wiley, one of the students presenting at the show.

The event will take place in the library at 4:00 p.m. and tickets are \$10 for both the runway show and light refreshments at the open house afterwords.

"We want to show off our program, but also share our mission and educate about us so we get our hearts and minds into these parts of us," said Alayon-Pedron, another second-year visual merchandising student.

In addition will be handed out to the audience members after the show, asking them to the visual merchandising arts room at the college for

refreshments and the opportunity to check out more displays and exhibits that the class has worked on.

Each year proceeds from the show go to a different charity chosen by the class. This year the choice was the Q Myosotis Foundation for "Better Brain Research." The primary focus of the foundation is to establish Canada's first research facility to study Lyme disease and other neuro-immune diseases.

"It's a personal connection with me. My sister has Lyme disease," said Wiley.

Lyme disease is a tick-borne disease most commonly transmitted to humans by the bite of infected vectors such as mosquitoes and ticks. It can cause symptoms similar to AIDS, Alzheimer's, multiple sclerosis and Parkinson's. It has one of the top 10 most complex diseases in the world.

"My mother went by countless doctors and was always getting different diagnoses. No one was able to pinpoint what was going on with her or why

she was having these symptoms," she said.

It took traveling to the United States to finally confirm what the problem was.

"She got to the point where she just said, 'I'm everything' and results came back positive for Lyme disease. It's been about two years now, but unfortunately the treatment in Canada is not as advanced as what they have in the United States," she said.

Treatment for Lyme disease is generally antibiotics, but specific approaches and symptoms may be dependent on the individual. That's what makes it so hard to diagnose and even harder to treat.

"She went down to Florida for a few months last year. The treatment helped, but it never really went away. All you can do is manage the symptoms. The treatment is very expensive down there, which is why it's important that they have a facility in Canada that can hopefully

help treat it," she said.

The rise of social media and merchandising arts students at Corson College is to make an impact on it.

"Every year the merchandising students together, which, clearly, to donate to. We all know each other well and we all know about her sister's Lyme disease so we thought it would be great to have that as our charity," said Pedron.

For more information on the event or to check out samples of their work, go to www.visualmerchandisingarts.com. To purchase tickets, you can call 907-448-8200 ext. 3481. All proceeds go directly to the Q Myosotis Foundation. There will also be a donation box at the show for those who wish to donate more. The show opens at 6:30 p.m. on March 4 in the Dean Campbell Library.

As for Wiley's sister, she can't only just ignore — she's fighting back.

"There's already a group made for the event. She'll be up there on the runway," she said.

## Emotions mixed after U-Pass vote

### BY JIM HANSEN

Corson College students (CCS) gave students the upper county to vote from Feb. 8 to Feb. 13 on whether they should or should not have a U-Pass. And while the proposal, U-Pass was intended to be approved, students in the result were anything but.

A majority of students (50%) voted against the proposal, the U-Pass, with 1,130 students voting no and 1,000 voting yes in the final vote. As a result, students will continue to pay their bus passes individually with them after the getting a student from CCS to get on their CCS card.

Student bus riders now pay \$227 each semester for a Grand River Transit (GRT) pass — responsible for a parking permit. That would have been cut in half with the U-Pass, which CCS said would have been \$145 for a whole year. However, that would have been a partial coverage of a student — including those who drive and walk to school.

Some students who voted in favor of the U-Pass said it would have made it more convenient for them. Katelyn Arnold, a third-year business and social studies student, said that was important for her and part of why she voted in favor of the U-Pass.

"I think it would be just fine, more for it to have been and not so much as it would have been. I think it would have been a lot better, but it was not what we needed, so we had to go with what we had," she said.

Only thanks to a successful presentation and presentation student, also voted in favor of the pass and he had similar comments.

COMMENTS ON PAGE 2

## Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is your dream job?



"Sales rep."

**Robert McElroy,**  
third year  
international business  
management.



"Elementary school teacher"

**Shawn Florio,**  
first year  
process safety engineering.



"Candlestick surgeon or anthropologist."

**Caroline Rose,**  
second year  
anthropology student.

"I've done everything I've dreamed of doing."

**Mark Waldman,**  
first year  
early childhood education.



"Escaping stress."

**Lindsay Shearhead,**  
second year  
journalism student.

"Famous musician."

**Brandon Smith,**  
second year  
politics/economics.



Conestoga College, you couldn't do that independent!

## FILBERT CARTOONS



By A. J. Smith



Cartoon by A. J. Smith. All rights reserved. No reproduction or distribution without permission.

## New app helps you decide

BY CHRISTIE ALLEN

Making decisions has become a lot easier with D Side, a new decision app created by entrepreneur and app developer David Hayko. According to Hayko, Pauphus who is answering the public's questions for the new app. Hayko was at his at the primary store when one of his friends told him that he was a mess when he was trying to decide what to do. He decided why she didn't ask her preference like and she wanted a male perspective. The idea for the app was born right there and then.

"It's a startup catering to millennials and helping them decide," said Pauphus. There's a heightened social media craze among millennials today and D Side is supposed to be right on time.

"Millennials like to see facts and D Side helps them hear that," said Pauphus.

The app is different from every other one as they asked because the user can see who is asking and also see the profile.

"We encourage users to share their images and allow the D Side community to vote for their favourite," said Hayko. "Users quickly come and go, and that app allows users to choose what the next big thing is from outside to inside new restaurants or even choosing between two cities."

D Side was already going to help it users make decisions. In the future, Hayko plans to grow the app and partner with brands and stores to



Hayko is a millennial who is trying to help his friends and his friends help him. The app allows a user to post their own questions and answers to a community of millennials.

being exclusive profiles and responses to users based on their location.

D Side is created by the Big Deal Studios Inc. and is available for free on the App Store, requires iOS 7.0 or later and is compatible with iPhone, iPad and Apple Watch.

## Result 'Surprising; disappointing'

BY CHRISTIE ALLEN

"The results are pretty disappointing," he said.

For students who voted against the plan, a common reason was that there was no consensus. Students would be able to opt-out of the plan later they can do for the CCB's health plan. Jerry Cameron, a second year business administration student, said he decided how the CCB would have been a victory for all students with the vote being added to everyone's favour.

"I thought it was a great idea, but not being able to opt-out was kind of disappointing," he said.

Students' reason was a second year business administration and marketing student, school, Cameron said he and he would have voted in favour of the plan if he would have been able to opt-out.

"As a driver, I have paid my [city] already and I don't

want to pay for something I'm not going to use," he said.

Jeff Shivers, CCB president and the reason the opt-out wasn't allowed was because CCB board the plan it would not be increasing the number of buses needed if a CCB was implemented as a specific number of students.

After budgeting \$300,000 for the CCB's bus system, Shivers' board decided to return the money to the taxpayers as a vote on Feb. 23. Shivers, Shivers' board and he and several others were surprised at the results of the referendum because they had believed it was possible that students would vote in favour of the plan.

"I was disappointed because I think the CCB could be a tremendous value to Conestoga College students," he said.

Despite the decision, many students Shivers said he was pleased to see how many of them were engaged in the

referendum.

"I think students were more engaged with the referendum than around the referendum than I've seen them being engaged in anything on campus," he said.

Shivers also said he was happy to see so many students vote.

"I believe what we can take away from these results is that we have an extremely engaged and involved student population."

But Shivers said that although there were a lot of votes in favour, the results were not what he needed and hoped for.

"I really don't think 100 percent of students say yes to the referendum," he said.

Shivers said looking ahead CCB is helping to work with CCB to ensure the bus service by Conestoga and to work on eliminating the financial burden of parking passes.

# The Human Library: a sobering experience

## BY CAROL HENNING

John Rasy was sitting on the couch at his house when all of a sudden he started to feel nervous. The last thing he wanted to do was get into a pack of questions on his two friends' minds. One of his friends told him that Rasy had done them before. That was when Rasy realized he had blocked out the last entire journey.

"To let me in a way I had never felt before," he said.

Rasy said it was terrifying for him because as he was blocked out, he could have lost, he believed completely, including himself. He said the idea that he was in control really affected him.

"That was never part of reality what he was, and so in that moment I took all my stress and poured it down his neck," he said.

That was in 2002. Rasy said that moment was significant to him because he was and is still an addict. In fact, he started smoking weed when he was 16 years old and that eventually led to him using every initial substance such as cocaine.

Now after three years of sobriety, Rasy is using his experience to help others. He demonstrated that willingness to give back by being a part of the fourth annual Human Library event on Feb. 14 at Cornerstone College. The event, which was held at the Library Resource Center (LRC), was a unique experience where people could borrow a human "book" for 15 to 30 minutes. During that time people had

the opportunity to ask the "book" questions and hear their story.

Jason Black, a Student Life coordinator for community education at Cornerstone College, said the event is intended to encourage meaningful and positive conversations.

"In 15 minutes you can learn a lot about someone else's life."

The event is part of a series in the Support Campaign at Cornerstone, an initiative which focuses on promoting positive behaviors on-campus. Black said the event has been well received by both the college community and the human "books" alike.

Although the event has proven to be successful at Cornerstone, the concept traces its roots to Copenhagen, Denmark, and has evolved into a worldwide movement. The Human Library website, [www.humanlibrary.org](http://www.humanlibrary.org), describes the concept as "a place where difficult questions are exchanged, approached and answered."

**"I really feel like (helping people not feel alone) is the most important thing I can convey."**  
— John Rasy

This year's event, say those who were there, that Black said throughout the course of the day she saw a wide spectrum of emotions ranging from



PHOTO BY LINDA HENNING

John Rasy is in at his table during the fourth annual Human Library event on Feb. 14 at Cornerstone College. Throughout the course of the day, students were able to borrow human "books" without paying. For 15 to 30 minutes, students were able to ask their questions and hear their stories.

tears to literally pumping up and down on excitement. One said although there were many of these memorable moments, the most powerful moment for her was during a one-on-one conversation with a "book."

As she recalled, the woman told Black how much this event meant to her and how it was a turning point for her. Black said it resonated for her that although these "books" have chosen to tell their stories, it isn't necessarily finished. The Human Library may play a big role in making the stories more

meaningful.

"To see the stories arising from pain is really the most rewarding thing from my point of view," she said.

Rasy echoed this statement and said the way he has approached the Human Library has changed since he first did it. He usually registered to be a part of the Human Library but has now personal himself and to put his story out there. But now after several years of signing up to be a "book" at the event, he wants to give back.

"It's important to me to let the big pieces of my life out so to speak," he said. "I want to see those experiences and those stories to benefit others in any way I can."

Rasy said there are many plans to go for support, no matter what the situation.

"I really feel like (helping people not feel alone) is the most important thing I can convey because I did a lot of what I did on my own, and if I had taken in enough help, it would have made my recovery a lot easier," he said.

## CHECKING OUT THE NEW RECREATION CENTRE



PHOTO BY MIKE HENNING

Spokane's new Recreation Center at Cornerstone College's campus recreation center located at 1000 N. Division Street is a newly renovated center. The center is a large, well-lit space with a modern design.

## FROM ONE WRITER TO ANOTHER



PHOTO BY JASON HENNING

Linda Henning, author and writing teacher, is the author of 'The Human Library' (2006). She is also the author of 'The Human Library' (2006). She is also the author of 'The Human Library' (2006). She is also the author of 'The Human Library' (2006).

# The failure of our prison system

By GABRIEL BERGHEIT

Charles Folsom is an anomaly. Perhaps that is true. Or perhaps that is just a justification.

Folsom spent 30 years in a maximum security prison for the murder of Michael Jackson in 1994. The sentence was not returned to the world on October 2010 only to tell him more negative two days later.

While this example took place in the U.S. it is a failure to believe our own prison systems are hard and should drive anyone who reverts back to the world.

For many that would seem to be a winning call. A broken story, a sample of why violent crimes should be met with longer and harsher sentences. But we as a society should look harder when placing blame.

Folsom was 16 when he was tried as an adult and sentenced. He returned to the prison system barely a man, and the experience seemed to have stolen from him a chance at a normal life upon his release.

After bad problems in 1994 when he shot and killed his neighbor, when was his state of mind when he killed his 64 year-old mother?

Given the young age at which he was incarcerated the state had 30 years to re-evaluate his fate. Maybe they were looking into thinking he had changed. But the fact remains, Folsom was not sent from prison to not change, but a man of not more so in the day he lived in.

Prison as a way to keep society safe. But it needs to be more than that. It needs to be a place where men and women can improve their mental health to be the same of that wage and work toward earning a second chance upon their release.

The Waterloo Region Record reported that, according to a 2009 Bureau of Justice Statistics report, 71 per cent of released prisoners in the U.S. were arrested a new crime within five years. However, the rate among sentenced inmates was much lower.

There will be those who won't change no matter what they are offered to them. But that does not mean we should give up on people who learn to be a criminal. We owe them a chance to succeed in life after they have served their time.

Was Folsom a perpetrator? It is unclear. Even so, given his limitations and to offer someone of faith an error, when his mother is a mother. Maybe it was a call for help. Perhaps part of the life now should fall on us.

The next future represents the position of the newspaper, not necessarily the author.

## Letters are welcome

Opinion columns letters to the editor letters should be signed and include the name and telephone number of the writer. Letters will be printed or re-written. We do not publish letters that are abusive, defamatory, libelous, obscene, or contain threats. Letters should be no longer than 100 words.

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Terry isn't the best prison guard around.

# High food prices hit the wallet

A hand from OSAP could ease some of the pain

Food prices and students also make a good meal. Many students already require financial assistance and with rising food prices, this only makes it harder to get quality food on the table. I think with the recent increases in the price of food the Ontario Student Assistance Program (OSAP) should give students more money to cover these rising costs.



Math, Science, and Physics

have monthly rent payments possibly weekly \$600 up on top of they need a vehicle and of course the sleeping you very bill.

With a student up into monthly rent and food prices skyrocketing as well, it's becoming increasingly difficult for students to pay for basic groceries and student needs.

Many students wish they had the wiggle room in their budget for an ideal diet - one that consists of healthy and fresh foods. Instead, many students are looking for the lowest prices and the best deals. The items that are on sale are usually processed foods that are made cheaply with little to no nutritional value. Some of these foods

are even bad for those eating them, and could have both short-term and long-term effects on the individual.

Some students shop more carefully, for example to buy more money and avoid having to buy processed foods. This isn't the answer of course, but students don't learn either option.

On the other hand, some students spend their OSAP money on things like new clothes, shoes or fancy tech products. These are the types of students who give all good secondary education a bad name because it makes it seem like every student doesn't take these financial and personal and just wastes it. However, these students are the exception, not the rule. As most students are trying to get by and are just trying to meet their financial obligations. For the most part, they are not spending their OSAP funding carelessly so an extra hand from OSAP would go a long way.

Students skip meals, breakfast for example, to both save money and avoid having to buy processed foods. 19

I know that maintaining a student's budget is already tough enough with the cost of tuition, buying textbooks and paying any other fees that come up unexpectedly. This doesn't even include students who live on their own who

## SPOKE

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## Smile at your happy memories

[illegible]

What will it take to make you smile? It's a simple question that requires a simple answer: a happy memory.

Perhaps American society forgets about how little they really need to be happy. Or at least for a moment anyway.

On Feb. 28, Conestoga College hosted the 80th Epitaph, an event held to assist in making the students of Conestoga realize by talking them to recall a memory that has been a happy memory.

Student Life has been focusing on the value of a student at Oswego College and at least 2002 each Lower Meride Student Life programs are for community activities at Oswego College. Don't forget and co-ordinators for the event. The Meride Student Life has been a great event for our Oswego Community which is why we continue to host it each year. The Meride Student Life has been a great event for our Oswego Community which is why we continue to host it each year.

The Duke Epidemic was founded by American born, Jim Morse Jr. UGGG the professional insurance player had fishing in his family and restaurants in his legs and within the following 24 hours Morse had his ability to work

Doctors at a hospital in Gibraltar diagnosed Naze with a rare autoimmune disorder called Quillen-Dames syndrome that forced him to release Naze to death.

Boilaway too looks at the dark underbelly of construction that is just underneath a shiny urban facade.

The problems in Ben's life do not imply that he was up and walking with his and all four arms again, a fact that has been attributed to his positive attitude.


Currently holding a PhD in social psychology from Wilfrid Laurier University, Moore studied the Greek Epistemic tradition to get everyone else to look at the positives in their own lives.

"February can be a difficult time of year and thank God for the sunny weather and compensating showers. We use the Florida Kymberlin as a way to keep people motivated following their fitness routines here and to build community as a group. It's easy to find isolated work, all our troubles. It's easy to focus on the negative aspects of our lives and then as a way to bring light to the positive aspects that we may not think about as much."

The event provided some news of the benefits of using quality and products that have been scientifically researched.

It was an all-day event, and Kelly Jenson, a Mopert student, the Shaders' life and medical care coordinator and business assistant. Thousands of students would like to attend

convexity and under such a day we are more than happy to support any ideas participating in the event. Last year, when we had 1 hour of uplifting and enjoying other students gave us a sense of belonging and appreciation for the better student we had.



**Lincoln Blank**, *Student Life* (ping camera) for community initiatives at Cornell's College of Arts and Sciences shows off her smile in support of the Santa Epidemic. Blank is the co-ordinator of the event.

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"My Happiest memory was the day I was married last year and I ended up 'toasting' the 16 hours straight, knowing that I was surrounded by true love and Black thinking was not always on my mind. Generally I experience that of depression and thinking is not by far because a constant

which I try to uphold my family well. Eventually though your checkers start to hurt and take under lock. That under became my goal in life. I would surround myself with others who expressed joy and took care of myself by themselves, saying that I don't always have to be happy. Being in a dark place made the under, and

as far away but it made me  
value them so much more. I'm  
now in a much better place  
and I'm so grateful everyday  
for the good music I can now  
share with others as hoped  
that their souls will never be  
lost again.

It's time to ask yourself what will make you smile and why.

## Get cool and crafty ideas at thrift store

**Abstract**

It's a little more someone's  
panic run truly to someone  
when tomorrow but it might  
take some imagination and a  
little imagination.

A plane and T-shirt have suffered vandalism and some of them were damaged, revealed during a workshop at the Minnesota Central Committee's third state event on Kart, at the corner of Chicago and First streets in Minneapolis on Feb. 17.

**Every Friday in February  
March and April offered free**

It's another way for us to showcase the amazing things you can find at the thrift shop but also to show our customers and the community different ways that they can enjoy the items they find here," said Heather Clark, the general manager for Thrift on West.

The theme for Feb. 12 was how to update T-shirts. People learned about different T-shirt craft ideas and created one right there at the store.

Wendy Cotton, the materials resources coordinator, manager at the Los Angeles Children's Symposium (LACS), ran the workshop that evening.

"Inspiration comes from so many places for me. I find lots of ideas on the Internet, magazines, browsing stores and sometimes just looking at a food will tell me what it wants to be, even when I can see what the finished product could look like."

A. T-shirt could be turned into a funky scarf. Handmade mugwort, we could spare up on different brown stuff.

Sweden aims to have better relations with Russia than have the U.S. and about 100 other European countries.

Values about 10 minutes and in case of the second charge to make.

Things for crafts are available and on sale in a big way because you don't always know what the Christmas product looks like until it is in the window.

The MCO is a worldwide non-profit organization that provides companions and peace where it is needed. They work with churches to promote peace, help with local voluntary and help with relief work. To learn more about their work, go to [www.mco-international.org](http://www.mco-international.org).

Thrift on West carries everything from books and clothes to toys and household items.

For more information about the MCT Thrift and Fund call 800-886-8028 or visit [www.theaffordable.org](http://www.theaffordable.org)



**Abstract**

Marion's College: Librarians make resources production manual order for the Marionville Circuit Court Mass. needs a dog boy and a dog boy while described Law. sources that more all made from a 3rd

# Female coaches fight for equality

BY JAMBERT BURGHESE

Women have taken another big step toward being accepted as the male-dominated world of the National Football League.

Kellyn Smith became the NFL's first full-time female coach on Jan. 30 when she was hired by the Buffalo Bills to serve as their special teams quality control coach. Smith has worked on the NFL for 15 years including the last seven under Bill Walsh. Her Ryan serving as his administrative assistant last year.

"Walsh has been working in a football administrative role and created the assistant coaches for years," said Ryan in a statement. "She has proven that she's ready for the next step as I've mentored and pushed her for with this opportunity."

This follows a number of recent examples of women breaking into the male-dominated world of professional football. In April 2010, Smith Thomas became the NFL's first full-time female official and Jim Walsh became the NFL's first female coach on July when she was hired by the Arizona Cardinals as an

assistant coach, which criteria for training young and green ones. In August 2010, the Dallas Cowboys announced the hiring of Becky Hammon, a former WNBA player who became the NFL's first full-time female coach when she was hired as assistant to head coach Gregg Popovich.

Le Lacout, a former female soccer league football player and current assistant defensive line coach with the Central Texas College of the American Indian Football League, thinks that the more will draw attention to the fact that there are potential female candidates for coaching positions who have the experience to work on the NFL and make contributions.

"I feel as though she earned it; she has been with the organization for seven years," said Lacout. "I think it's a great welcome for the NFL experience to say, 'You're needed here, we recognize the effort and you've earned it.'"

Lacout thinks we can still far away from seeing a female head coach in the NFL. Given the high level and high cost of training required for a head coaching position, there just

aren't enough female coaches in positions of this rank to think that one might be considered for a head coaching position in the next 10 years.

"But tell them to be a head coaching coach in the next 10 years?" said Lacout. "I would believe so and I would tell you that I could see a position coach position becoming available for a qualified candidate."

**44 in my mind, you have to kind of own it. 99**

— Le Lacout

She hopes that this news helps forward that other female coaches have the mindset of trying to get better and applying for open positions.

"In my mind, you have to kind of own it. I think we have to work a little bit harder so we can get recognized that we are able to do the same style or level of coaching as our male counterparts," she said.

Lacout has had professional coaching experience at the

with Sanjourne Township High School on Pennsylvania's Central Penn. Division of the National Developmental Football League as well as the Capital Area School Athletic Association that helped her to become as much to be in positions where she has had a supportive staff to set the tone for the team.

Lacout credits Bill Ryan who is the head coach of the Central Texas Panthers for giving her credibility as a coach and allowing her to come on and be respected right away.

"He took a lot of risk from the team, from a lot of the other coaches," said Lacout. "But they have never looked at anything but a coach and I can't ask for more than that."

Following the hiring of Smith, NFL commissioner Roger Goodell said the NFL will be implementing a "Rooney Rule" for women. The rule would require teams to interview at least one female for all executive jobs. The Rooney Rule came into being because there were concerns of racism in the league who were being considered for head coaching positions.

While at first, places like women like a panel like Lacout believe that, women need to move up to be in the first or second to being called on as though this rule.

"If I ever got a chance like that at a higher level, I would want it to be because I earned it and because I'm the right fit," said Lacout. "But because I'm fulfilling something they have told me."

There are lots of resources out there for female coaches looking for guidance, support or inspiration. The Female Coaching Network (FCN) is an independent coaching organization that was founded in 2004 that allows women to connect and serve as mentors. Their goal is to further change in the equity of coaching and provide solutions to the many barriers women face.

"Coaching is a career if you love the sport and building leaders," Lacout said from coach of Algonquin College's basketball team told the FCN. "You don't need to be a head in your first position to coach (and) to be successful, you need to coach based on who you are and where things fall."

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**HEARTS**  
STUDENT LIFE  
GET INVOLVED

# The reality of a quiet disorder

BY LARRY MOSE

With as much happening in the world of stress related mental illnesses like anxiety and depression, it's easy to forget about the other two disorders that don't fall into that category — the ones that are quiet in comparison. But they're still as present as they're always been.

**Attention Deficit Hyperactivity Disorder (ADHD)** is a neurobiological mental psychiatric disorder that causes extreme difficulty focusing a lack of impulse control and depending on the type of ADHD hyperactivity, the cause of ADHD is unknown, but there are a lot of theories about it being genetic. ADHD always starts as far as it is a very young age and a diagnosis can only be made if it appears before the age of 15.

According to Benjamin Goldstein, Dr. Jack Kanner, there are two types of ADHD according to the current terminology inattention and combined inattention. ADHD involves only the lack of ability to focus and pay others less, while combined ADHD is a combination of the two tendencies and hyperactivity. The old terminology split them up into ADD and ADHD. It is not considered to be a mental illness like anxiety depression or schizophrenia because there is no evidence that ADHD can be caused by chemical issues like the other mentioned conditions are.

But it's still around and it still makes life difficult for people living with it. Take the case of Thomas Temple, an 11-year-old boy in Oglethorpe, Ga. in ADHD. Kanner, he was diagnosed in the third grade but his mother, Candace Ferguson, noticed a difference in his behavior from other kids when he was just 10 months old. According to Ferguson, he didn't respond inappropriately like other kids and was very temperamental.

"I used worry 'how come with him when that's what everyone else expects me to do. I would have to take a pin from down on the bottom step to get him to stay there," said Ferguson. "He would laugh right in my face when he knew he was making me angry as if it gave him pleasure. When Temple started school he struggled from day one."

All of his report cards would have comments about how Parker struggled to pay attention in class and Ferguson, "By the time he was in grade three he started

to have episodes in class like crying under a desk and pulling chairs all around him like a tornado."

"That was the year I took him to the pediatricians and got a referral to OHSU, Corvallis. Markel, David Rosenstock. Based on information provided by myself, my mom and brother it was diagnosed that he was attention deficit."

It was also diagnosed through meetings with a psychology that he suffered from depression and anxiety possibly stemming from his ADHD and the stress it caused him. According to his mother, Temple's behavior has gotten increasingly difficult as he has gotten older.

"Last Mother's Day week-end was spent at the hospital because he attempted to strangle himself" with his hoodie at school said Ferguson. Temple is currently taking Ritalin, an antidepressant, Risperidone, an antipsychotic and Adderall for the ADHD, but Ferguson said that taking the right dosage and combination of the medication is challenging. The days that he forgets to take his medicine are not few.

Dr. Kanner said "The hardest part of the disorder since the 15 years now and rates per year and has never abated since the side effect of any of the medications we give him. Children get parents really struggle with that at first, and the need of consistency with ADHD about giving a medication that will help their child be successful at school and ultimately put them on a great path to success in life."

The mother said, however, is what has had the most profound effect on Temple's behavior and success according to Ferguson. She also said that the fact that she has found relief from ADHD has helped him to not feel so alone and also given him someone to relate to. Ferguson also however, worry about her son's future both in regards to his education and his relationships.

"The thing that is a struggle and because a lot of times the 'household' which truly address me to how he's taking his life," said Ferguson. His success are likely still placed considering the difficulties Kanner says adults face compared to children.

"For children, the primary difficulty they face is at school, adults suffer different challenges in terms of being able to keep their job keep their marriage relationships," she said.



PHOTO BY JAMES SMITH

Sufferers of Attention Deficit Hyperactivity Disorder know more than the statistics put ADHD third on Child Popping pills in order to be successful is a simple reality, however, requiring numerous drugs can be quite debilitating.

But according to Kanner, it was just ADHD that should be given more public attention. "All mental health conditions are truthfully not given as much attention as they should be."

But unlike children who have access to numerous past diagnoses and child psychiatrists who can focus on their specific mental conditions and give them the best possible advice and treatment, adults who suffer from ADHD don't have as many options.

There's very few people who are skilled and devoted enough to help and willing to treat adults with ADHD, said Kanner. "It's a challenge."

Kanner recalled a number of times when a child with ADHD has come into two offices with parents and the two noticed that one of the parents also has the same condition the child has. By then she not allowed to treat adults but she tries to give them advice.

Kanner recommends that adults who suffer from ADHD and struggle to maintain their control over it should seek out a psychiatrist or counselor who is knowledgeable at least about mental illnesses.

ADHD is not like stress-related mental illnesses and it doesn't reduce the mental age of people who have it, but since there's less Kanner, Ferguson and Temple who experience it every single day can't forget about it or push it aside. They rarely would not want the rest of the world to do so.



PHOTO BY JAMES SMITH

Dr. Jack Kanner wanted to be a pediatrician until she was nine years old, and admitted that the odds of it is to be understood and help her patients daily in his career. She took it upon herself to learn all about ADHD so she could be of her patients in one office daily.





**HOROSCOPE**

Month of February 29, 2005

**Aries**March 21 -  
April 19

You will feel sudden bursts of energy this week, take advantage of them by improving yourself both physically and mentally.

**Taurus**April 20 -  
May 20

Business will test your patience this week. Use your skills of persistence and determination to work things out with this person, don't let your enthusiasm get in the way.

**Gemini**May 21 -  
June 21

You make it a priority to know everything about everyone. This trait will come in handy when a friend is in need this week.

**Cancer**June 22 -  
July 22

You devote yourself to making sure those who you love need, but this week an opportunity to test yourself will arise. This week will be perfect for enjoying some "me" time.

**Leo**July 23 -  
August 22

Take creative abilities and combine with your risk-taking spirit this week. Consider the positive and negative consequences before taking action.

**Virgo**August 23 -  
September 22

You are often very indecisive because you require much thought and deliberation before making a decision. This week you will need to rely on your ability to be flexible.

**Libra**September 23 -  
October 22

With Valentine's Day behind you, you may believe the romance is over for a while, don't let it slip to notice.

**Scorpio**October 23 -  
November 21

You are successful and often make money, but this week you will experience a rash of confidence that will push those desires aside, allowing you to form a new set of dreams.

**Sagittarius**November 22 -  
December 21

You often find yourself dreaming of what could be. This week you will have the chance to pursue those feelings and when doing so be gentle.

**Capricorn**December 22 -  
January 19

You are not typically someone who goes out on a limb but this is the perfect week to start your journey in where you yearn to go.

**Aquarius**January 20 -  
February 18

This year has been hectic for you but you can relax as much more time will soon be upon you, allowing you to pursue your dreams faster intensely.

**Pisces**February 19 -  
March 20

You are very adaptable to change and this week that ability will be tested.



Golf and Go over invest a new event. Figure Skating

**Useless Facts**

It takes about 110 to 120 hops to reach the center of a bubble gum.

The usual number of the first 1000 stars produced was 300.

There are 1000 different kinds of cats in the world.

Chewing gum while posting cards will keep you from crying.

There are no more in Las Vegas gaming centers.

Non-dairy chocolate is flammable.

**Sudoku Puzzle**

	2			1			4	
1					2			3
	5	9		3	6	2	1	
		5	1	4				2
2			9	8			6	4
8	9					1		
	1	3				6	7	9
9	4		2	1				
	3			7		4		

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

**Word Search****Popcorn**

C	K	M	M	P	L	E	M	A	H	A	G	J	W	N	D	POPCORN
S	E	I	V	O	M	N	W	C	W	E	H	V	R	W	D	KERNEL
P	T	D	K	C	A	N	S	J	L	B	E	L	A	I	U	SKITTLE
C	T	Y	O	R	B	A	R	B	E	C	U	E	O	O	O	OIL
O	L	O	L	L	S	T	O	V	E	T	O	P	N	M	W	SEASONING
B	E	N	H	U	P	T	B	S	F	Y	Q	I	I	S		CHEESE
O	J	Y	U	C	N	X	K	I	E	N	P	M	N	C	R	FLAVOURS
J	A	B	L	K	Y	T	E	J	E	N	S	O	R	U		MICROWAVE
J	J	O	B	I	J	H	H	O	H	O	T	B	S	O	G	NUTRITIONAL
L	W	O	R	E	O	R	Y	L	C	R	Z	O	A	W	V	STONE TOP
T	M	P	O	P	O	R	N	O	S	S	S	E	A	A		CORN
T	N	H	L	Y	W	Z	F	C	R	A	N	F	S	V	L	SNACK
W	G	R	E	T	O	U	R	L	N	L	J	K	Z	E	F	BUTTER
O	U	L	A	N	O	I	T	I	R	T	U	N	Z	P	D	MOVIES
H	A	X	F	N	K	E	R	N	E	L	Y	A	U	C	I	SALT
B	F	O	A	W	S	F	T	B	O	X	O	J	I	M	T	COB
																BARBECUE
																EXPLOSION
																BOWL
																BAG



Optimus Strong is a character from the animated movie *Transformers*. He is a robot who can transform into a truck.



## 2016 CANADIAN INTERNATIONAL AUTO SHOW GETS VISITORS' MOTORS RUNNING



The 2016 Canadian International Auto Show will be held in Toronto from Feb. 12 to 13 at the Metro Toronto Convention Centre. Cars, trucks and motorcycles of all makes and models will be on display. Guests should take notice, with featured cars from McLaren, Ferrari, Mercedes and other exotic brands. Many of these vehicles are being showcased here due to their celebrity owners and pop-culture presence, all of which are the only \$100 and a lot more and cheaper, really.

Left: Volkswagen's latest in electric concept car called by Volkswagen.

Below: spectators get a look under the hood of a 2016 BMW M3.

Bottom photo: The 2016 Dodge Hypercar ACR made its Canadian debut at the show, winning visitors.

**PHOTOS BY  
GARRETT BURGHEIT**

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